

Introducing Table Foods and Finger Foods for Older Infants

Introducing Table Foods

Your baby is ready for table foods when:

- Baby holds head steady while sitting
- Baby sometimes opens mouth when food approaches on a spoon
- Baby chews up and down and moves food from side to side

Foods to Try:	Foods To Avoid:
<p><u>Vegetables (cooked or mashed):</u> Potatoes, carrots, beans, peas, asparagus, cauliflower, broccoli, zucchini, squash, sweet potatoes</p> <p><u>Fruits (soft fresh or canned):</u> Peaches, pears, apricots, applesauce, bananas, melons, "squished" grapes or oranges, nectarines, plums</p> <p><u>Dairy:</u> plain whole-milk yogurt, cottage cheese, mild cheeses</p> <p><u>Protein:</u> ground meats, well-cooked beef, pork, chicken, turkey, fish, cooked egg yolk, cooked and mashed beans or tofu</p> <p><u>Grains:</u> cooked rice, noodles, oatmeal, infant cereals</p>	<p>Raw or hard pieces of partially cooked vegetables.</p> <p>Hard fruits, fruits with pits, dried fruits, whole grapes, or cherries.</p> <p>Milk (until 12 months), hard chunks of cheeses, veined or unpasteurized cheeses.</p> <p>Large pieces of meat, hot dogs, sausage, bacon, bologna, lunchmeats or egg whites.</p> <p>Ramen noodles, canned soups, or other highly salted foods.</p>

NEVER leave a baby unattended while she/he is eating. Keep baby's portions small and avoid foods that can be easily choked on (above).

Introducing Finger Foods

*Your baby is ready for
finger foods when:
Baby can grasp the food and
get it to their mouth.*

Foods to Try:	Foods To Avoid:
Cooked slices or strips of vegetables	Dried fruits or raisins
Sliced or strips of soft fruits	Coconut, dates, apricots
Toast squares or strips, tortilla	Crisp taco shells
Cheerios, Kix	Potato chips, popcorn, pretzels
Saltine crackers, graham crackers	Whole kernel corn
Small cooked pasta	Nuts & seeds
Meat sticks or tender pieces of meat	Lunch meats
Ground meats	Lettuce
Cheese sticks	Candies, gum, chocolate
Hard cooked egg yolk	Egg whites and runny eggs
Thick stews and soups	Marshmallows
Casseroles	Coffee, tea, colas, sodas
Grilled cheese sandwiches	Raw honey
Pancakes	Corn syrup

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